

The Re-Identification Journal

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Your guided companion for rediscovering, redefining, and realigning your identity.

This journal is your safe space to explore who you've been, who you are, and who you're becoming. No pressure, no judgment-just curiosity, reflection, and clarity. Use it however you like: daily, weekly, or whenever you feel the pull to check in with yourself.

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How to Use This Journal

- Go at your own pace - no deadlines.
- Write freely - there's no "right" answer.
- Be honest with yourself - this is for you alone.
- Revisit - your answers may change over time, and that's a sign of growth.

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Section 1 - Reflecting on Your Past

Theme: Understanding where you've been to see where you're going.

1. How did you define yourself 5, 10, or 20 years ago? Which parts of that identity still feel true? Which no longer fit?
2. Think about a time in your life when you felt the most you. What were you doing? Who was there? Which values were guiding you?
3. What expectations or labels from the past have you let go of-or are learning to release?
4. Recall a major transition you've experienced. How did it change your sense of self?

Tip: Sometimes our 'old selves' hold clues about values we've forgotten or strengths we've underestimated.

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Section 2 - Exploring Your Present Self

Theme: Honoring who you are right now.

1. List five things you're proud of today-big or small.
2. Where in life do you feel authentic? Where do you feel like you're performing?
3. In quiet moments, what thoughts and feelings about your identity show up? Write them down without editing yourself.
4. What new passions or interests have emerged recently? How do they reflect your growth?
5. List your top 5-7 core values. Which ones are you living fully? Which need more attention?

Present Self Check-In: Rate your current sense of alignment with your values on a scale of 1-10.

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Section 3 - Envisioning Your Future

Theme: Creating the blueprint for your re-identified self.

1. Imagine one day as your most authentic self. What happens from morning to night?
2. Describe the person you're becoming-their habits, mindset, relationships, and energy.
3. What's one small action this week that would move you closer to that version of yourself?
4. Write a letter to your future self. Offer encouragement, guidance, and reassurance.
5. Picture yourself one year from now. What three milestones will you have reached in your re-identification journey?

Future Focus Tip: Start with micro-shifts-tiny, consistent actions often create the biggest transformations.

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Closing Note

Your Journey, Your Pace

Keep this journal as a witness to your growth. Revisit your answers months or years from now-you may be surprised at how much has changed and how much has stayed beautifully the same.